GOVERNMENT OF INDIA
HEALTH AND FAMILY WELFARE
LOK SABHA

UNSTARRED QUESTION NO:3045
ANSWERED ON:05.09.2007
NATIONAL POLICY ON YOGA
Maharia Shri Subhash

Will the Minister of HEALTH AND FAMILY WELFARE be pleased to state:

(a) whether the Yoga has been found useful for good health;

(b) if so, the details thereof and reaction of the Government thereto;

(c) whether the Government has prepared any National Policy on Yoga; and

(d) if so, the details thereof?

Answer

THE MINISTER OF STATE IN THE MINISTRY OF HEALTH & FAMILY WELFARE (SMT. PANABAKA LAKSHMI)

(a) & (b) Yoga is a way of life, an art of healthy living, an integrated system for the benefit of the body and mind. Yoga is for the attainment of the physical, mental and spiritual health. Research work carried out by Yoga institutes like Swami Vivekananda Yoga Research Foundation (Bangalore), Kaivalyadhama (Lonavla) etc. has proved that Yoga is useful for good health.

(c)&(d) The Government of India has prepared National Policy on Indian Systems of Medicine and Homeopathy (ISM&H) − 2002 which includes Ayurveda, Yoga and Naturopathy, Unani, Siddha and Homeopathy.This Policy outlines the following basic objectives.

(i) To promote good health and expand the outreach of health care to our people, particularly those not provided health cover, through preventive, promotive, mitigating and curative intervention through ISM&H.

(ii) To improve the quality of teachers and clinicians by revising curricula to contemporary relevance and research by creating model institutions and Centres of Excellence and extending assistance for creating infrastructural facilities.

(iii) To ensure affordable ISM&H services & drugs which are safe and efficacious.

(iv) To facilitate availability of raw drugs which are authentic and contain essential components as required under pharmacopoeial standards to help improve quality of drugs, for domestic consumption and export.

(v) Integrate ISM&H in health care delivery system and National Programmes and ensure optimal use of the vast infrastructure of hospitals, dispensaries and physicians.

(vi) Re-orient and prioritize research in ISM&H to gradually validate therapy and drugs to address in particular the chronic and new life style related emerging diseases.

(vii) Create awareness about the strengths of these systems in India and abroad and sensitize other stakeholders and providers of health.

(viii) To provide full opportunity for the growth and development of these systems and utilization of the potentiality, strength and revival of their glory.